

An Express Telegraph Advertising Feature

# Health, Beauty & Fitness



**Pain relief:** Kusal Goonewardena says an holistic approach to treatment is best.

## Information is key

**U**NDERSTANDING that many people do not know where to turn to for pain relief and injury rehabilitation, director and chief physiotherapist Kusal Goonewardena of Vigor Sports Medicine Clinic is trying to bridge the information gap.

"By bringing treatment, advice and education to the fore, people will be able to access excellent physiotherapy and healthcare services in their community," said Mr Goonewardena.

"We also provide free healthcare advice over the phone. Most people are unsure about what type of help they need and whether there are specialists available to help them. That's where we come in: To provide a great, informative service with a friendly smile."

Mr Goonewardena has been a physiotherapist for nearly 10 years, following completion of his Masters in Sports Physiotherapy

in 2007. He established his clinic in 2002 and now has a team of nine physiotherapists, an orthopedic surgeon, two podiatrists, two massage therapists, an acupuncturist, a naturopath, psychologists, diabetes instructors and dental technicians.

The clinic specialises in treating people in three visits or less for back and neck pain, knee and ankle injuries, tennis elbow, headaches, all sports injuries, postural and spinal pain and spinal adjustments.

The team of nine physiotherapists also share special interest areas, including sport, spinal and manual therapy, workplace injuries, treatment for children and the elderly, traffic injuries, pregnancy, hydrotherapy and Pilates. The clinic has an on-site gym, pool and eight treatment rooms. It is also a teaching clinic affiliated with Latrobe University and the University of Melbourne.

"To ensure all clients' needs are met, we inform them about how long it may take for them to get better. We make our work accountable by setting goals, working with benchmarks and providing thorough home exercise programs.

"We take a holistic approach and once we have decreased the pain being experienced, we take steps to preventing recurrence of the problem," Mr Goonewardena said.

Clients who mention this article will receive their first treatment with a physiotherapist for \$49 — a saving of \$24.

**Vigor Sports Medicine Clinic, at 386 High Street, Melton, opens Monday-Thursday 9am-8pm, Friday 9am-6pm and Saturday 9am-noon. Inquiries: 9743 4479, email admin@v-smc.com.au or visit www.vsmc.com.au**